

WELCOME TO THE ELKRIDGE 50+ CENTER NEWS



Howard County Office on

Aging and Independence

Department of Community Resources and Services

July, August, September 2019

Make the Elkridge 50+ Center part of your summer plans - exercise, events, meals and games. It's a cool place to share good times with friends.

Eating out is fun, and can be nutritious too! Get helpful tips on menu choices from the Univ. of MD Extension Program on July 16. The Howard County Historical Society overflows with facts about "The Floods of Ellicott City" on July 17.

Local historian, Ed Johnston reflects on the rich "History of Patapsco Valley and Beyond" on August 20. Not to be missed is the engaging Open Minds Group (OMG) every Friday. On August 6, "Recycled or Not" will prove to be a practical and informative approach to the potential reuse of containers, paper and more.

Car Fit is a free review of your vehicle so you can be safe on the road. Join us on Friday September 6. Cruise down memory lane and admire classic cars on September 20 at the car show - enjoy food trucks for lunch and dessert.



Elkridge 50+ Center
6540 Washington Blvd
Elkridge, MD 21075
Front desk 410-313-5192
Fax: 410-313-4929

Center Email:
Elkridge50@howardcountymd.gov

Center Hours
Monday, Wednesday
& Friday
8:30 am to 4:30 pm
Tuesday & Thursday
8:30 am to 8:00 pm
Saturday
8:30 am to 12 pm



Crab Feast: Friday, September 24, 11:30am-1:30pm

Celebrate the end of summer Maryland style! Feast on delicious crabs and all the fixins' with your friends at the Elkridge 50+ center! Choose the full luncheon with or without crabs. Menu includes:

Maryland crab soup, roasted chicken, potato salad, corn on the cob, watermelon, cookies, brownies, & drinks for \$12.50, or add six steamed crabs and pay just \$25 for everything.

Reserve your space; tickets go on sale Monday, July 8 at the front desk.

50+CENTER NEWS TO USE

CENTER INFORMATION:

Thursday, July 4
Independence Day
Center closed



Monday, September 2
Labor Day
Center closed

Wednesday, September 18
OAI Staff meeting
Center closed at 1:30pm

State Health Insurance Assistance Program

Appointments are held at locations around the county. Call 410-313-7392

Elkridge 50+ Center Staff

Jeannie DeCray, Director
jdecray@howardcountymd.gov
410-313-5175

Jeanne Slater, Assistant Director
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Marcus Hockaday, Nutrition Specialist
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Rochelle Hayes, Utility Worker
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410-313-5173

Go50+ Fitness Membership

Includes access to Elkridge 50+ and Ellicott City 50+ fitness equipment rooms, as well as the North Laurel, Roger Carter and Gary J. Arthur Community Centers' fitness centers. The cost for 50+ Howard County residents is \$75/year (non-county residents is \$100). The Roger Carter Center has a 50+ rate for the pool.

Exercise Consultations: Unsure what type of exercise is right for you? Try our new one-on-one exercise consultations with Malarie Burgess, OAI Exercise Specialist.



A custom-tailored program created to address **YOUR specific needs, interests and concerns!**

\$15 per 30-minute consultation

Call the Center to Schedule an Appointment

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

410-313-5192

Begins Monday, April 8

Second Monday of month • 1:00 to 4:00 p.m.

Presented by Malarie Burgess, OAI Exercise Specialist

— REGISTRATION IS REQUIRED —

 Howard County Office on
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Department of Community Resources and Services

www.howardcountymd.gov/aging

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

ONGOING SCHEDULE OF ACTIVITIES

Monday

8-9am Walking Club
9-10am Strength Training
10-11am Thinking Positive Group
(Sept. 23-November 25)
10-11:30am Asian Brush Art
10-11am Flex, Stretch & Move
10:30am-12pm Musical Memories
(1st Monday)
11am-1:45pm Bingo (last Monday)
1-3:30pm Bridge Club
2-3pm Arthritis Exercise

Tuesday

8-9am Walking Club
9-10am Aging Well Exercise
10-11am Cardio & Core
10am-12pm Knitting Club
12:30-3:30pm Party Bridge
7-8pm Zumba Gold

Wednesday

8-9am Walking Club
9-10am Strength Training
10-11am Wii Bowling
11am-12pm Balance 4 All
1-3pm Essential Tremor Group
(1st Wednesday)
2-3pm Arthritis Exercise

Thursday

9-10am Aging Well Exercise
10-11am Paws for Comfort visit
(not last Thursday)
10-11am Adult Coloring (3rd Thursday)
10-11am Police Talk (last Thursday)
10:15-11:45am Crafty Thursday
(2nd Thursday)
1-2pm Intermediate Tai Chi
1-3pm Movies (3rd Thursday)
1:30-3pm Just Bead It (1st Thursday)
2-3pm Book Club (1st Thursday)
6-7pm Yoga for Anxiety & Depression
6-7pm Brain Injury Caregiver Group
(4th Thursday)

Friday

8-9am Walking Club
9-10am Yoga
10am-12pm Open Mah Jongg
10-11am Flex, Stretch & Move
10am-12pm Open Minds Group (OMG)
1-2pm Soul Line Dancing
2-4pm Social card/board games



Disclaimer: "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

EXERCISE AND FITNESS

Aging Well Exercise

Tuesday & Thursday

9-10am, July 2 - September 19

\$62 for 23 classes

(Aging Well is the same format and instructor from the AgeWell class)

Arthritis Foundation Exercise Program

Monday & Wednesday

2-3pm, July 1 - September 25

\$67 for 21 classes

(Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay the full fee.) No class 8/19-9/2

Balance "4" All

Wednesday

11am-12pm, July 17 - September 25

\$54 for 10 classes

No class 7/3, 7/10, 8/21

Cardio and Core



Tuesdays

10-11am, July 2 - September 17

\$64 for 12 classes

Flex, Stretch & Move

Monday & Friday

10-11am, July 8 - September 20

\$100 for 19 classes

No class 7/29, 8/2

Soul Line Dance

Friday

1-2pm, July 5 - September 20

\$59 for 11 classes

No class 9/13

Strength Training

Monday & Wednesday

9-10 am, July 1-September 23

\$106 for 20 classes

No class 7/8, 7/10, 8/19, 8/21

Tai Chi

Thursday

1-2pm, July 11 - September 19

\$59 for 11 classes

Walking Club

Monday, Tuesday, Wednesday, Friday

8-9am

(Free and ongoing. Meet at entrance.

Friday, meet at park.)

Yoga

Friday

9-10am, July 12 - September 20

\$59 for 11 classes

Bring your own mat

Yoga for Anxiety and Depression

Thursday

6-7pm, July 11 - September 19

\$59 for 11 classes

Bring your own mat

Zumba Gold

Tuesday

7-8pm, July 2 - September 17

\$64 for 12 classes

Recreation & Parks Gentle Yoga/Yoga 1

Tuesday

6-7pm, September 10 - October 15

\$49 for 6 classes

***Register through R&P 410-313-7275**

Please Note: Class refund requests are subject to a 20% administrative fee. There are no refunds for missed classes.

JULY HIGHLIGHTS

Asian Brush Art

Mondays, July 1, 8, 15, 22 & 29, August 5, 12, 19 & 26 & Sept. 9, 16, 23, 10-11:30am
\$125 (12 classes)

This class is for those with some experience in this wonderful form of art.

Independence Day Celebration

Wednesday, July 3, 11am-12:30pm
Lunch by donation

Celebrate our Nation's independence with some patriotic songs and games. Delicious hamburger lunch will follow the games.

Healthy Vibes

Tuesday, July 9, 10:15-11:15am
Free

Join Marcus and learn about plant based alternatives. A fun class with delicious samples to try.

Crafty Thursday

Thursday, July 11, 10:15-11:45am
\$8

Create and design a unique craft to give as a gift or keep for yourself.

Social Media Class

Monday, July 15, 10:30-11am
Free

Come & learn about social media, such as how to safely use it and to be aware of scams.

New Member Orientation

Monday, July 15, 9-10:00am
Free

Welcome to Elkridge 50+ Center!
Learn about our programs, activities, policies and much more.

Fresh Conversations

Tuesday, July 16, 10:15-11:15
Free

Enjoy eating out and eat healthy

The Floods of Ellicott City

Wednesday, July 17, 10:30-11:30am
Free

Howard County's Historical Society Director, Shawn Gladden will present on this historical topic and more.

Healthy Meals on a Budget

Monday, July 22, 10:30-11:30am
Free

Melanie Berdyck, Nutritionist from Giant Food will join us for a great talk on getting healthy meals on a budget.

Running Scared:

A Holocaust Survival Story

Tuesday, July 23, 6-7:30pm
Free

A father's harrowing memoir of his untold story of World War II and the Holocaust. You don't want to miss this compelling story!

SENIOR DAY AT THE FAIR

Howard County Fair 2019

FREE ADMISSION for **ADULTS 62+**

Visit the 4-H Activities Building
for FUN things to do, including:

- Healthy Aging Program Information
- Fun Exercise Demonstrations
- All Day Entertainment and more!

Tuesday, August 6
10 am to 3 pm

RAIN OR SHINE!



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AUGUST HIGHLIGHTS

Nutrition with Carmen Roberts

Thursday, August 1, 11am-12pm

Free

Learn why water is so important for your health.

AARP Safe Driving Class

Friday, August 2, 10am-2:30pm

\$15 for AARP members

\$20 for non members

Learn the new rules of the road. Completion of this class may qualify you to receive a reduced rate on your car insurance.

OPEN MINDS GROUP (OMG)

Every Friday, 10am-12pm

Free

Join this stimulating discussion group where every opinion is heard and respected.

Smart Phone Class

Monday, August 5, 10-11am

Free

Its time to understand your smart phone and enjoy all the benefits of your phone's Technology.

Recycle or Not

Tuesday, August 6, 10:15-11:15am

Free

Come & learn about what can be recycled in Howard County.

Digital Photography

Tues. & Thurs., August 6 & 8, 6-7:30pm

\$10 for 2 sessions

Keep your memories! Learn how to take great pictures, save and print.

Surrogate First Ladies

Thursday, August 15, 6-7pm

Free

Learn about the women who had to fill in when the First Ladies were unavailable.

Insurance 101, The facts, just the facts

Monday, August 19, 10-11am

Free

A representative from the Maryland Insurance Administration will talk about how to save money on your insurance and how to protect yourself from being a victim of fraud.

New Member Orientation

Monday, August 19, 9-10am

New to the Center? Sign up today for a brief overview of all that we have to offer. Learn about the classes, programs and policies.

History of Patapsco Valley & Beyond

Tuesday, August 20, 10:30-11:30am

Free

Local historian and park ranger, Ed Johnston, will join us to present a fascinating historical recap of Elkridge.

Summer Luau Party

Wednesday, August 22, 12-1:30pm

\$3

Play games, enjoy delicious ice cream and dance to your favorite Luau songs.

Best Hawaiian outfit gets a prize!



Police Talk

Thursday, August 29, 10-11am

Free

Howard County Officer, Cliff Macer will join us to update us on crime in the area, how to be safe and answer all your concerns.

Hearing Talk & Free Screenings

Thursday, August 29, 10:30-12pm

Free

Dr. Roger Lee will present on hearing loss and other issues. Following the talk he will conduct free hearing screenings.

SEPTEMBER HIGHLIGHTS

Nutrition with Carmen Roberts

Thursday, September 5, 11am-12pm

Free

Dietitian, Carmen Roberts, will talk about simple ways to change your eating habits as you age.

Car Fit

Friday, September 6, 10am-2pm

Free

Sign up for this interactive & educational program that teaches participants how to make their personal vehicle "fit" them!

Basic Zentangles Workshop

Explore this popular art form; an easy-to-learn and relaxing method of drawing structured patterns.

Tuesday, September 3-October 1,
10am-12pm

\$40

*This is a Recreation & Parks Program
To register call (410) 313-7275*

AARP Safe Driving Lecture

Monday, September 9, 10:30am-12pm

Free

Come to this interactive class and learn some wonderful skills to keep you safe on the road.

Healthy Vibes

Tuesday, September 10, 10:15-11:15am

Free

Join Marcus and learn about the benefits of beets. A fun class with yummy samples to try.

Aroma Therapy

Wednesday, September 11, 11am-12pm

\$10

Learn the many ways that aromatherapy & essential oils can help with issues of pain & stress.

Lower Your Stroke Risk

Thursday, September 19, 10:15-11:15am

Free

Learn ways to lower your stroke risk by making small adjustments in your life.

Car Show

Friday, September 20, 10am-2pm

Free

A fun day to see some vintage cars with food trucks available to get a treat to eat.

For more info call the front desk.

Fall Prevention Presentation

Monday, September 23, 11am-12pm

Free

Falls are one of the leading causes of broken bones and lengthy hospital stays. Learn ways to avoid a fall and be safe.

Pastel Painting Workshop

Tuesday, September 24, 6-8pm

\$30

Learn pastel painting techniques in this one time workshop. Great starter class!

*This is a Recreation & Parks Program
To register call (410) 313-7275*

Crab Feast

Tuesday, September 24, 11:30am-1:30pm

\$12.50 no crabs/\$25.00 including crabs

Celebrate the end of summer with a delicious crab feast featuring, crabs, crab soup, roasted chicken, corn & more!



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Balance Screenings

Thursday, September 26, 1-2pm

Free

Learn how balanced you are and learn ways to improve your balance to prevent a fall.

OUR PROGRAM PARTNERS



**Howard Community
College classes are
conveniently offered
at the Elkridge 50+ Center**

How Movies Tell Stories....Part I

Do you know what makes a good movie? In the first of this two part course, instructor Arthur "Otts" Laupus will delve into many facets of film-making. Through film clips and discussion, you will explore the important elements in narrative film, including how film differs from other art forms; the psychological effects of lighting and color; the three sets of "eyes" the audience uses when watching films; the use of music to effect emotions; tools of the scriptwriter, and more. The work of several famous directors will be discussed along with their unique style & techniques.

Tuesdays, June 11-July 9, 9:30-11:30am
\$59 (Includes \$40 in fees). Registration questions? Call 443-518-4971

Drawing Techniques: Landscapes

This class will focus on a variety of drawing approaches, from the realistic to the Abstract. Special attention will be given to the area of landscape. Composition, focal point, texture, and shading are some of the elements that will be covered in class. Register early to get the supply list in time.

Tues.& Thurs., July 9-July 18, 6-8pm
Supplies not included
Questions: Call 443-518-4971

HOW TO REGISTER:

Registration for these classes is done through Howard Community College. You may register four different ways:

Online:
howardcc.edu/gohccexpress

Fax:
443-518-4333

In person:
via the registration office,
Student Services Bldg.
Room RCF-233

Mail:
Howard Community College
10901 Little Patuxent Pkwy.
Columbia Md. 21044-3197

The Elkridge 50+ Center front desk has forms and catalogs to help you with the registration process. If you are using a credit card, the staff will be happy to fax your form to the college. You can also register online with a credit card, or mail in a payment.

If you have any questions about Registration you can call HCC at 443-518-4971 or ask the front desk.

Lunch & Nutrition



Healthy Vibes

Plant Based Alternatives

Tuesday, July 9

10:15-11:15am

Fresh Conversations: Eating Out

This is part of our new nutritional series sponsored by the University of Maryland Extension program. Learn how to make smarter choices when eating out.

Tuesday, July 16

10:15-11:15am

Healthy Meals on a Budget with Melanie Berdyck, from Giant Foods

Monday, July 22

10:30-11:30am

Nutrition Talk with Carmen Roberts

"Why Water is so Important"

Thursday, August 1

11am-12pm

Healthy Vibes

Discussion on Benefits of Sea Moss

Tuesday, August 13

10:15-11:15am

Nutrition Talk with Carmen Roberts

"Simple Ways to Change Your Eating Habits As You Age"

Thursday, September 5

11am-12pm

Healthy Vibes

The Benefits of Beets

Tuesday, September 10

10:15-11:15am

Fresh Conversations: Lower Your Stroke Risk

This is part of our new nutritional series sponsored by the University of Maryland Extension program. Learn tips to minimize your risk of having a stroke.

Thursday, September 19

10:15-11:15am



Lunch FAQs:

How do I register for lunch? Five (5) days before the day you want lunch, sign-up at the front desk with your name and phone number.

How do I cancel? Notify the front desk or call 410-313-5192. Please note: Missing 3 lunches without prior notification will result in wait-list sign-up only.

How much is lunch? Participants 60 years and older may confidentially and anonymously contribute toward the cost of the meal. Those under 60 years may pay: \$4.48 for regular meals, \$5.01 for boxed meals, \$5.95 for special meals. Please contribute as generously as possible as donations go back into the meal program to provide more meals. They also help us provide supportive services that are directly related to the nutrition program, including nutrition screenings and education.

JULY CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Herb Crusted Roast Beef w/Horseradish Wax Bean/Green Bean Medley Roasted Red Potato WG White Wheat Dinner Roll Tropical Fruit	Cream of Tomato Soup Old Bay Grilled Chicken Breast Sandwich Pepper Slaw Sliced Apple Pack	Cheeseburger Baked Beans Pepper Slaw Watermelon Apple Pie	Independence Day Closed	Roast Pork Loin with Sweet Onion Gravy Braised Red Cabbage Scalloped Potatoes Tropical Fruit Fruit Punch
8	9	10	11	12
Chicken Parmesean over pasta Green Beans Fruit Yogurt with Granola	Homestyle Meatloaf w/Gravy Mashed Potatoes Glazed Carrots	Cold Fried Chicken Breast Sandwich Applesauce Cole Slaw Juice	Maple Glazed Baked Ham Green Beans Macaroni & Cheese Moroccan Chickpea Barley Salad Juice	Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice
15	16	17	18	19
Cranberry Juice BBQ Chicken Sand- wich Housemade Slaw Fiesta Black Beans Hot Baked Apple Slices	Swedish Meatballs WG Brown Rice Pilaf Glazed Carrots Sweet & Sour Green Bean Salad Yogurt with crisp	Pineapple Baked Ham Seasoned Green Beans WG Mac & Cheese Broccoli Salad w/ Cranberry-Orange Dressing	Chicken Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Poppy Seed Chicken Yellow Rice Pilaf Cuc & Onion Salad Diced Pineapple
22	23	24	25	26
Roasted Pork Loin w/Dijon Mstrd Sauce Ital Tomato Basil Salad Dilled Baby Carrots Au Gratin Potatoes Dinner Roll Sliced Apple Snack Pk	Crab Stuffed Flounder Red Skinned Potatoes Buttered Broccoli Fudge Brownie	Boxed Lunch Chicken Sandwich Apple Sauce Coleslaw Juice	Beef Macaroni Peas Mandarin Oranges Juice	Pepperjack Ranch Chicken Sandwich Red Cabbage Slaw Pineapple Tidbits
29	30	31		
Breaded Fish Sandwich Mixed Veggies Fruit Cocktail Orange Juice	Beef Stroganoff Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit	Navy Bean Soup Chicken Caesar Wrap Romaine Lettuce Caesar Dressing WG Tortilla Wrap Sliced Apple FF Chocolate Milk		

AUGUST CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Salisbury Steak w/ Sweet Onion Gravy Scalloped Potatoes Peas Mandarin Oranges	Pulled Pork BBQ Sandwich Mixed Bean Creole Housemade Slaw Apricot Halves
5	6	7	8	9
Chicken Cacciatore Rice Pilaf Romano Blend Vegetables Diced Peaches Cranberry Juice	Herb Crusted Roast Beef w/Horseradish Wax Bean/Green Bean Medley Roasted Red Potato WG White Wheat Dinner Roll Tropical Fruit	Stuffed Green Pepper Beets Green Beans Apple Crisp	Hot Dog Cole Slaw Baked Beans Diced Pears	Cheeseburger Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp
12	13	14	15	16
Roast Pork Loin Sweet Onion Gravy Braised Red Cabbage Scalloped Potatoes Fruit Cocktail	Chicken Salad Potato Salad 3-Bean Salad Mandarin Oranges	Homestyle Meatloaf w/Gravy Mashed Potatoes Glazed Carrots	Cream of Broccoli Soup Grilled Chicken & WG Pasta Salad Served on bed of Baby Spinach WG Corn Muffin Chilled Pears	Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges
19	20	21	22	23
Beef Pot Roast w/ Chasseur Sauce Stew Cut Vegetables Garlic Mashed Potatoes WG White Wheat Bread Mandarin Oranges	BBQ Chicken Sandwich Housemade Slaw Fiesta Black Beans Hot Baked Apple Slices	Swedish Meatballs WG Brown Rice Pilaf Glazed Carrots Sweet & Sour Green Bean Salad WG White Wheat Bread Fruited Yogurt w/ Crisp Garnish	Pulled Pork Sand Cold Broccoli Salad Chunks of Sweet Potatoes Pineapple Chunks Slice of Pie	Hot Dog Cole Slaw Baked Beans Diced Pears
26	27	28	29	30
Poppy Seed Chicken Yellow Rice Pilaf Cuc & Onion Salad Diced Pineapple	Roasted Pork Loin w/ Dijon Mustard Sauce Italian Tomato Basil Salad w/ Mushroom Au Gratin Potatoes Sliced Apple Packs	Chicken Salad Potato Salad 3-Bean Salad Mandarin Oranges	Tomato Multibean Soup Tuna Sandwich Orange Blossom Carrot Salad Tropical Fruit	Boxed Lunch Chicken Sandwich Apple Sauce Coleslaw Juice

SEPTEMBER CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day Closed	Hot Dog Cole Slaw Baked Beans Diced Pears	Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Navy Bean Soup Chicken Caesar Wrap Romaine Lettuce Caesar Dressing WG Tortilla Wrap Sliced Apple	Boxed Lunch Chicken Sandwich Apple Sauce Coleslaw Juice
9	10	11	12	13
Pulled Pork BBQ WG Sandwich Bun Mixed Bean Creole Housemade Slaw Apricot Halves	Chicken Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Cream of Tomato Soup Old Bay Grilled Chicken Breast Sandwich Lettuce & Tom ato Garnish WG Sandwich Roll Pepper Slaw	Boxed Lunch Chicken Sandwich Apple Sauce Coleslaw Juice
16	17	18	19	20
Meatloaf Mashed Potatoes Applesauce Sliced Carrots	Chicken Cordon Blue Yellow Rice Pilaf Broccoli Roll Blueberry Crisp	Hot Dog Cole Slaw Baked Beans Diced Pears	Tri-Color Tortellini Pesto Green Beans Cinnamon Apples	Special Event Car Show *Weather Permitting
23	24	25	26	27
Garlic Herb Tilapia Harvest Rice Blend Peas Diced Peaches Cookie	Crab Feast See Front Desk	BBQ Chicken Sandwich Housemade Slaw Fiesta Black Beans Hot Baked Apple Slices	Swedish Meatballs WG Brown Rice Pilaf Glazed Carrots Sweet & Sour Green Bean Salad Fruited Yogurt w/ Crisp Garnish	Pineapple Baked Ham Seasoned Green Beans WG Mac & Cheese Broccoli Salad w/ Cranberry-Orange Dressing
30				
Turkey, Vegetable and Potato Stew Spinach Salad with Grape Tomatoes Ranch Dressing WG Corn Muffin Cinnamon Apples				